

Upcoming Events:

Deadline for your next food order: November 6, 2015

Next depot pick-up days: November 19 / 20, 2015

Reminder

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

2016 Casino Dates: (Watch the Newsletter for updates)

Friday, February 12, 2016

Saturday, February 13, 2016

Call the WECAN office for more information or to volunteer.

Volunteer Appreciation Event

Friday, November 27th, 11:00 a.m. to 1:30 p.m.

Edmonton Moravian Church

Thank You



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Thank you to the following businesses and organizations for their help and support:



Your Depot:

Issue: 15-10
October, 2015

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

WECAN's New Program Manager

We are pleased to announce that **Suzanne Rigsby** has been hired as WECAN's new Program Manager. Many of you know Suzanne from her many years of involvement with WECAN as a member, as a volunteer, as a Depot Coordinator at our Millbourne Depot, as a member of our Board of Directors, as the Chairperson of our Board, and most recently as Vice-Chair of our Board.

Suzanne has always been an enthusiastic supporter of WECAN and our efforts to ensure the food security of our members. She was the guiding force behind WECAN's involvement with Lady Flower Garden and was instrumental to our success with this project. She has also been one of the primary organizers of our volunteer appreciation events, our Casinos, and our barbecue fundraisers at TGP.

Suzanne will be meeting and talking with all our depot coordinators in the near future and will be turning her efforts to ensuring the success of our food program. Please join us in welcoming and supporting Suzanne in her new role with WECAN.

Seasonal Vegetables

Fall is here and with it comes access to all the fall fruit and vegetables. This is the time of year that fresh pears and apples from B.C. come into their own. Potatoes, carrots, and cabbages are at their finest, not to mention all the varieties of squash from butternut and spaghetti to pumpkins.

Spaghetti squash lives up to its name. A mild (some would say bland) tasting vegetable, it makes a very good substitute for spaghetti or other noodles in your favourite dish. Once halved and baked in the oven, the fleshy inside of this squash is easily removed with a fork and resembles long strings of spaghetti.

Cabbage is another very versatile vegetable. Use fresh in coleslaw and other salads, cook as side dish, or add chopped cabbage to hearty soup. Made into cabbage rolls and frozen, or into sauerkraut and canned, cabbage can be ready for a quick, delicious addition to many fall and winter meals.

Potatoes, carrots and onions are vegetables that can be kept for many months in a cold storage area in your basement ready for use in soups, stews, salads, or on their own as a side dish.

Versatility is the key for these late season vegetables, all of which can be grown locally in your own garden (something to keep in mind for spring planting) or purchased at your local farmers' market.

Cooking With Your WECAN Food Basket Menu

Baked Pollock Fillets

- Reprinted from *Fish & Seafood*© Company's Coming Publishing Limited

Covering these fillets with tomato slices and mozzarella cheese is most impressive. Seasoning is pleasant.

Pollock fillets	1 ¼ lbs.	560 g
Salt, sprinkle		
Pepper, sprinkle		
Medium Tomatoes, sliced	2	2
Sweet basil	1/8 tsp.	0.5 mL
Garlic powder	1/8 tsp.	0.5 mL
Grated mozzarella cheese	1 cup	250 mL

Arrange fillets in baking dish large enough to hold single layer. Sprinkle with salt and pepper.

Lay tomato slices over fillets.

Mix basil, garlic powder and salt together. Sprinkle over tomato slices.

Sprinkle with cheese. Bake, uncovered, in 415°F (220°C) oven for 10 to 12 minutes until fish flakes when tested with a fork. Serves 4

Did you know? Pollock is commonly used minced in fish fingers or as an ingredient in imitation crab meat.

Sour Cream 'N' Onion Mash

- Reprinted from *Choosing Sides*© Company's Coming Publishing Limited

Baked potatoes often get dressed up for dinner with sour cream and chives – but why should they have all the fun? We've added some pizzazz to mashed potatoes for a side that pairs perfectly with beef or chicken.

Peeled potatoes, cut up (about 3 medium)	1 ½ lb.	680 g
Butter (or hard margarine)	2 tbsp.	30 mL
Finely chopped onion	¾ cup	175 mL
Sour cream	¾ cup	175 mL
Grated sharp Cheddar cheese	1/3 cup	75 mL
Dried chives	2 tsp.	10 mL
Salt	½ tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL

Pour water into large saucepan until about 1 inch (2.5 cm) deep. Add potato. Cover. Bring to a boil. Reduce heat to medium. Boil gently for 12 to 15 minutes until tender. Drain. Mash. Cover to keep warm.

Heat butter in small frying pan on medium. Add onion. Cook for 5 to 10 minutes, stirring often, until softened. Add to potato.

Add remaining 5 ingredients. Mash. Makes about 4 ½ cups (1.1 L).

Sour Cream 'N' Onion Casserole: Spread potato mixture evenly in greased 2 quart (2 L) casserole. Before baking sprinkle with 3 tbsp. (50 mL) grated sharp Cheddar cheese. Bake, covered, in 350°F (175°C) oven for about 40 minutes until heated through. You can assemble this casserole up to 24 hours in advance and chill until ready to bake

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$ 6.94	\$ 7.16	\$ 6.94	\$ 5.64	\$ 6.50	\$ 5.75
1 kg Chicken Thighs	\$ 8.79	\$ 9.90	\$ 9.01	\$ 6.69	\$ 8.31	\$ 6.25
1 lb Pollack	\$ 3.99	\$ 5.86	\$ 7.99	\$ 5.98	\$ 3.58	\$ 2.99
1 kg Bananas	\$ 1.94	\$ 1.94	\$ 1.96	\$ 1.70	\$ 1.70	\$ 1.61
1 lb Gala Apples	\$ 1.99	\$ 1.69	\$ 1.99	\$ 1.77	\$ 0.99	\$ 1.18
3 Kiwi Fruit	\$ 2.97	\$ 2.67	\$ 2.37	\$ 2.04	\$ 2.97	\$ 1.67
5 lb. Potatoes	\$ 2.99	\$ 3.99	\$ 3.99	\$ 4.40	\$ 2.97	\$ 2.02
3 lb. Onions	\$ 2.49	\$ 1.98	\$ 1.99	\$ 1.98	\$ 1.67	\$ 1.89
2 lb. Carrots	\$ 3.99	\$ 2.99	\$ 2.99	\$ 1.67	\$ 1.67	\$ 1.19
TOTAL	\$ 36.09	\$ 38.18	\$ 39.23	\$ 31.87	\$ 30.36	\$ 24.55